



## Class Schedule for TRX / Functional Fitness Training Room

### Tuesday:

**8:45 – 9:30 a.m. – TRX Basics:** This is a great class to become familiar and comfortable using TRX suspension training! The class is meant to encourage all fitness levels and all ages to add TRX into their workout routines.

**9:30 – 11:00 a.m. – TRX TRIX:** As the name implies, this is a more advanced TRX class that truly challenges participants to learn new or more advanced moves. The class will use different sequencing, different focuses (more cardio, more legs, more upper body or more core) and often adds in other equipment in conjunction with the TRX straps.

### Thursday:

**12:10 – 1:00 – TRX Suspension Training:** This is a shorter, but more intense, TRX class that helps participants learn new or more advanced moves on the suspension straps. The class will challenge participants' balance, coordination, strength and core.

**5:30 – 6:30 p.m. – TRX Intervals:** Is a full hour of defining, shaping, strengthening all the muscles in your whole body. Participants will notice how much stronger they are in their core as well as all their primary and stabilizing muscles! The instructor may use more equipment than just the TRX straps in varying intervals to help participants become much more fit!

### Friday:

**8:45 – 9:30 a.m. – TRX Basis -** This class is an excellent introduction to using the TRX suspension straps correctly. The instructor will start from the beginning and will utilize exercises that will work the entire body. The class is primarily for beginners and the 50 + participants. Class will end with a session of stretching for increasing the flexibility of participants.